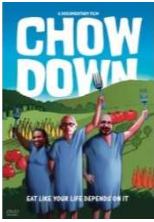
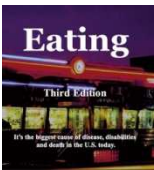


AWARD-WINNING HEALTH DVD's



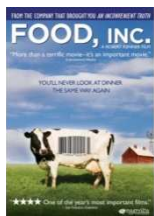
Chow Down: Root for Charles, John and Garnet as they try to buck the system of pills and procedures and outfox their heart disease and diabetes. When their doctors inform them they can't get better, our intrepid trio tells the doctors to think again. Charles, John and Garnet decide to take on their diseases by drastically changing their diets. We all know making resolutions is easy; sticking to them is the hard part. With lighthearted animation, piercing expert interviews and a feisty attitude, CHOW DOWN is the moving story of the success you can achieve when you rewrite the recipe for a healthy life.



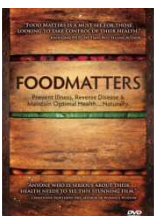
Eating: This award-winning DVD covers a lot of ground very comprehensively. Among the many highlights are interviews with Dr. Caldwell Esselstyn, Dr. Neil Pinckney, Dr. Ruth Heidrich and Dr. Joseph Crowe. Dr. Crowe and Dr. Esselstyn are from the Cleveland Clinic Foundation and know something about heart disease. These interviews will convince you that cardiovascular disease, the #1 killer in America today, can be reversed by making simple changes to your diet. What you will get is a virtual one-on-one consultation with some of the world's leading authorities on heart disease reversal. You will also hear from Dr. Heidrich who treated her breast cancer by simply changing her diet. The DVD also covers a wide-range of other health problems, including the reversal of adult-onset diabetes with diet. It also covers the impact of typical Western diets on the environment. The Eating DVD is used in hospitals and wellness clinics throughout the world to motivate people to change their diets and restore their health.



Fat, Sick & Nearly Dead: The film is about Joe Cross, a businessman from Australia who's health was absolutely in shambles. He had a rare autoimmune disease and was in regular pain and had to take multiple medications to counteract the symptoms. He finally decided enough time was already wasted on treating symptoms and he wanted to treat the cause. He decided to take a 60 day tour of the United States to reboot his body and immune system with nothing but raw vegetables in juice form. Joe's story alone was moving enough, but in Arizona Joe met Phil, a truck driver with the same autoimmune disease and even heavier than Joe had ever been. This is really the point where the story took a fantastic turn. Joe realized this film isn't just about him becoming healthy; it's about educating people to how important simple nutrients are. Even if you don't follow Joe's methods for juicing and rebooting, it still creates a great drive to be more conscious of the quality of fuel we put in our bodies every day.



Food, Inc.: This DVD lifts the veil on our nation's food industry, exposing how our nation's food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers and our own environment. Food, Inc. reveals surprising and often shocking truths about what we eat, how it's produced and who we have become as a nation.

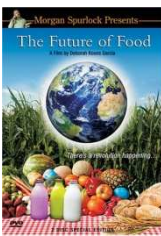


Food Matters: Let thy Food be thy Medicine and thy Medicine be thy Food Hippocrates. That is the message from the founding father of modern medicine echoed in the controversial new documentary film Food Matters from Producer-Directors James Colquhoun and Laurentine ten Bosch. With nutritionally-depleted foods, chemical additives and our tendency to rely upon pharmaceutical drugs to treat what's wrong with our malnourished bodies, it's no wonder that modern society is getting sicker. Food Matters sets about uncovering the trillion dollar worldwide sickness indus-

try and gives people some scientifically verifiable solutions for curing disease naturally. In what promises to be the most contentious idea put forward, the filmmakers have interviewed several world leaders in nutrition and natural healing who claim that not only are we harming our bodies with improper nutrition, but that the right kind of foods, supplements and detoxification can be used to treat chronic illnesses as fatal as terminally diagnosed cancer. The focus of the film is in helping us rethink the belief systems fed to us by our modern medical and health care establishments. The interviewees point out that not every problem requires costly, major medical attention and reveal many alternative therapies that can be more effective, more economical, less harmful and less invasive than conventional medical treatments.

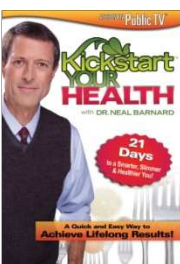


Forks Over Knives: This film examines the profound claim that most, if not all, of the so-called “diseases of affluence” that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods. The major storyline in the film traces the personal journeys of a pair of pioneering yet under-appreciated researchers, Dr. T. Colin Campbell and Dr. Caldwell Esselstyn. The idea of food as medicine is put to the test. Throughout the film, cameras follow “reality patients” who have chronic conditions from heart disease to diabetes. Doctors teach these patients how to adopt a whole foods plant-based diet as the primary approach to treat their ailments, while the challenges and triumphs of their journeys are revealed.



The Future of Food: This DVD offers an in-depth investigation into the disturbing truth behind the unlabeled, patented, genetically engineered foods that have quietly filled U.S. grocery store shelves for the past decade. From the prairies of Saskatchewan, Canada to the fields of Oaxaca, Mexico, this film gives a voice to farmers whose lives and livelihoods have been negatively impacted by this new technology. The health implications, government policies and push towards globalization are all part of the reason why many people are alarmed about the introduction of genetically altered crops into our food supply. Shot on location in the U.S., Canada and Mexico,

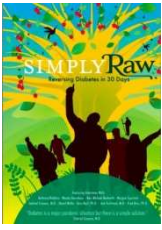
The Future of Food examines the complex web of market and political forces that are changing what we eat as huge multinational corporations seek to control the world’s food system. The film also explores alternatives to large-scale industrial agriculture, placing organic and sustainable agriculture as real solutions to the farm crisis today. The Future of Food reveals that there is a revolution going on in the farm fields and on the dinner tables of America, a revolution that is transforming the very nature of the food we eat.



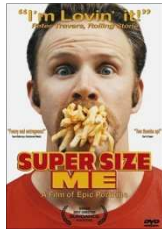
Kickstart Your Health: This film by Dr. Neal Barnard is a must-see for anyone wanting to be healthier. Dr. Barnard educates you about the root cause of all your health issues. This great life-saving information can help prevent, stop or reverse the major diseases of our culture with just healing foods. Empower yourself and take back your health, quality of life, and mental clarity, and enjoy increased energy.



Killer at Large: Obesity rates in the United States have skyrocketed over the last twenty years, with no end in sight provoking former Surgeon General, Richard Carmona to state that “obesity is a terror within. It is destroying our society from within and unless we do something about it, the magnitude of the dilemma will dwarf 9/11 or any other terrorist event that you can point out...” As this epidemic of obesity reaches out into even the most remote corners of the globe, only one thing seems clear, the issue is more complex than you could ever imagine.

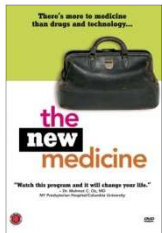


Simply Raw: Reversing Diabetes in 30 Days: Not just for diabetics, this is a must-see film for anyone who has ever wanted to be inspired to eat better. Six people with diabetes are asked to embark on a plant-based, raw diet for 30 days, and under a care of a medical doctor, in order to stop their diabetes medications. Their stories are touching, inspiring, and ultimately prove that good nutrition really works. You can't help fall in love with the participants in the movie. It's a great display of the beauty, intelligence, and strength of the human spirit; very inspirational!



Super Size Me: Filmmaker Morgan Spurlock, rejected five times by the USC film school, won the best director award at the 2004 Sundance Film Festival for this alarmingly personal investigation into the health hazards wreaked by our fast food nation. Under extensive medical supervision, Spurlock subjects himself to a steady diet of McDonald's cuisine for 30 days just to see what happens. In less than a week, his ordinarily fit body and equilibrium undergo dark and ugly changes: Spurlock grows fat, his cholesterol rockets north, his organs take a beating and he becomes subject to headaches, mood swings, symptoms of addiction, and lessened sexual energy.

The gimmick is too obvious to sustain a feature documentary; Spurlock actually spends most of the film probing insidious ways that fast food companies worm their way into school lunchrooms and the hearts of young children who spend hours in McDonald's playrooms. French fries never looked so nauseating.



The New Medicine: Extraordinary changes are taking place in American medicine today. Driven by new scientific evidence, doctors are coming to understand that treating the body alone is not enough. The mind can also play a critical role in fighting illness and in the healing process. Physicians are discovering how something as intangible as hope can help people heal and something as pervasive as stress can sabotage the body's ability to fight infection. The documentary goes inside medical schools, clinics, research institutes and private practices to reveal physicians and patients on the cutting edge of this new approach. The New Medicine explores the need for medicine to

move away from an entrenched culture of drugs and surgery to focus more on prevention and engaging people as active players in their own healthcare. The traditional doctor-patient relationship is undergoing a shift from paternalism to partnership, as practitioners and consumers alike have begun to promote a more holistic form of healthcare called integrative medicine—seeking to heal the whole person, rather than simply cure a disease.